

# RUSSELL CROWE GOES TO WAR

THE ACTOR DISCUSSES HIS DIRECTORIAL DEBUT. PAGE 21



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**Earthquake.** New York's Nepalese community is scrambling to raise money for family members who were affected by Saturday's 7.9-magnitude earthquake in Kathmandu. More than 2,500 people were killed in what has been called one of the most deadly natural disasters in history. PAGE 02 & 07

# Pray for Nepal



Mourners arrange tea candles for a vigil on 37th Road in Jackson Heights on Sunday. / CARLOS LLAMAS, METRO

## McCain: CIA shouldn't run drone strikes

PAGE 10

## How college students can find balance

PAGE 24



## Visit these affordable baseball cities

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# 1 NEWS

Top 3

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Emilia Clarke's  
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3 'New York's first  
maid cafe offers  
more than just coffee'



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# Kathmandu quake victims honored



Mourners spell out "Pray for Nepal" in tea candles Sunday afternoon at a Jackson Heights vigil. / CARLOS LLAMAS, METRO



**Jackson Heights.**  
The local Nepalese community is banding together after the earthquake.

Hundreds of New Yorkers, many of them Nepalese, gathered in Queens over the weekend to honor the more than 2,500 people killed by a massive earthquake in Kathmandu.



Visit **Metro.us** to see more photos of New York's response.

## Coverage

Read more about the catastrophe in Nepal on pages 7-8.

Mourners lit candles Saturday and left flowers on 37th Road in Jackson Heights. Last night, residents with Nepalese roots were expected to hold a fundraiser there to help in the quake's deadly aftermath. **METRO**



## Quoted



"You just can't realize right now how big is this tragedy. There are no words to describe it. All Nepal is under disaster right now."

Pralay Raibhandari, 30



"I tried to call my parents at 4 a.m., my mother was coming back from the temple and my dad was cooking. They felt panic, but at the moment they are fine."

Rashmi Lopchan, 25



"This is one of the saddest moments in the history of Nepal. We are trying to search for some resources here to help, because of Nepal's little economy."

Swastik Juns, 28

## Fatality. New Jersey woman among dead in Nepal quake



Marisa Eve Girawong  
FACEBOOK

A 28-year-old New Jersey native who was working in Nepal has been identified as one of the victims of the fatal earthquake this weekend that took 2,400 lives.

Marisa Eve Girawong, a physician's assistant who was working with a mountaineering organization, was identified as a

victim by her employer, Seattle-based Madison Mountaineering. She worked as a base camp doctor at their Everest/Lhotse camp.

"She was quite beloved by our entire team," said Kurt Hunter, the company's co-founder and chief technology officer, in a telephone interview

on Sunday.

"We're deeply saddened by her loss."

More than a dozen people died in the avalanche set off by the 7.9-magnitude earthquake.

Girawong had posted on her Facebook just hours before the earthquake set off the avalanche that she was

craving sushi.

"Day 28 on this arduous journey, snow is falling & my food cravings are at an all time high...Is a crunchy spicy tuna roll with eel sauce too much to ask for?" she wrote.

The Edison, New Jersey, native had graduated from Rutgers University.

**SAM NEWHOUSE AND REUTERS**

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places

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## Crime

## Man charged in shooting death of Queens grandmother

A 22-year-old man has been charged in the



murder of beloved 70-year-old Queens grand-

mother Leta Webb, who was fatally shot in the head in the doorway of her South Jamaica home.

Julian Douglas, 22, of 131st Street in Queens was charged with second-degree murder and criminal possession of a weapon.

The NYPD says that around 1:30 a.m. on March 31, Douglas shot Webb (shown) dead when she opened the door of her home.

A video-surveillance camera caught images of a white Ford Econoline Van that Douglas reportedly used in his getaway.

METRO

# Local peppers pack a punch

**Growing.** Open call for Bronx gardeners: Give us your serranos.

For the second summer in a row, community gardeners are being called upon to grow peppers that, after harvested, will be bottled into the Bronx Greenmarket Hotsauce. Over the next few weeks, gardeners in more than 20 plots around the borough will begin sowing the seeds that will hopefully yield 5,000 pounds of peppers for the 2015 batch.

Last year, Small Axe Peppers partnered with GrowNYC, giving out 3,500 pepper plants to community gardens, and buying the peppers back at \$4 a pound (the going rate is \$2.50).

"No one was talking about the future," said Small Axe co-founder John Crotty, who previously served as former Mayor Michael Bloomberg's di-



An urban pepper farm in the Bronx / HANNAH MATTIX, METRO



Pepper farmer John Crotty, left, talks peppers. / HANNAH MATTIX, METRO

### Quoted

"... We wanted to create a project that instilled the idea of tomorrow in the urban world." Small Axe co-founder John Crotty

rector of city legislative affairs and on the New York City Housing Development Corporation. "They were talking about yesterday, and today, and we wanted to create a project that instilled the idea of tomorrow in the urban world."

The hot sauce created

from last year's crop can be found in the Union Square Greenmarket and other small markets. In the Bronx, it's sold at Wave Hill and the Bronx Beer Hall on Arthur Avenue.



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## Evacuation

## Statue of Liberty reopens after weekend bomb scare

Visitation to Liberty Island quickly returned to normal levels over the weekend after hundreds were forced to suddenly evacuate because of a bomb threat.

A menacing caller phoned authorities Friday



The sun sets behind the Statue of Liberty. / GETTY IMAGES

and warned "they were going to blow up the Statue of Liberty," the National Park Service said in a statement.

A subsequent investigation found nothing suspicious, reports The Jersey Journal.

The National Park Service told The Jersey Journal that more than 15,000 people came out Saturday, which is normal. **METRO**



The Elsa dress / ELSA AND ME

## 'Elsa' dress: The working woman's uniform for success?

**Fashion.** Swedish-born designer Maja Svensson hopes to bring practicality and style to working women.

tion from a boardroom to a cocktail hour in the Elsa.

Svensson believes that this is what has driven the success of the dress, "A man can have a suit you can wear to work and to a wedding, and women saw this dress as having the same versatility. We have customers who have the same dress in six different colors!"

One of those women is Svensson herself, who claims to have "basically worn the same design" for three years. "It's just a very practical thing to do," she said "There's so much less creative energy put into clothing that you can use for work or other stuff instead."

**MATT LEE**  
@MetroNewYork  
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It's a pretty well-known success secret that those who wear the same thing every day are pretty good at what they do (convicts excluded). One person who's worn a consistent uniform for the past three years is the Swedish-born, Brooklyn-based fashion designer Maja Svensson.

Svensson's claim to fame is the Elsa dress, a simple garment that women have flocked to for its versatility and style. One could easily transi-

### The dress

#### Easy breezy

In addition to the sustainable inventory model, Svensson strives to use only certified organic cotton for her dresses. "From the beginning I decided I wanted to use organic

cotton material where I could," Svensson said. "I wanted to know that it was produced well and ethically made. I think as a person, together with other humans on this planet, that I wanted to be responsible for something that I made."

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# Nepalese sleep in fear after quake

**Fatalities.** The death toll is likely to climb as rescue workers struggle to reach remote regions.

Thousands of desperate Nepalese spent a second night in the open in the early hours of Monday, unable to return to homes either flattened by Saturday's devastating earthquake or at risk of collapsing in a series of powerful aftershocks.

Across the capital, Kathmandu, and beyond, exhausted families lay mattresses out on streets and erected tents to shelter themselves from rain. The sick and wounded also lay out in the open, unable to find beds in the city's overwhelmed hospitals.

Outside Kathmandu Medical College, surgeons set up an operating theater inside a tent.

People queued for water dispensed from the back of trucks, while the few stores still open had next to nothing on their shelves.

Crowds jostled at one pharmacy to snap up medicine.

High in the Himalayas, hundreds of foreign and Nepalese climbers remained trapped after a huge avalanche killed 17 people in the worst single disaster to hit Mount Everest.

Nearly 2,500 people

were confirmed killed in the 7.9-magnitude quake, making it the worst such disaster to hit Nepal since 1934 when 8,500 died. Thousands more were injured.

"We are overwhelmed with rescue and assistance requests from all across the country," said Deepak Panda, a member of the country's disaster management.

Several countries rushed to send aid and personnel.

India flew in medical supplies and members of its National Disaster Response Force. China sent a 60-strong emergency team. Pakistan's army said it was sending four C-130 aircraft with a 30-bed hospital, search and rescue teams and relief supplies.

Britain, which believes several hundred of its nationals are in Nepal, said it was delivering supplies, medics and search and rescue teams.

But there has been little sign of international assistance on the ground so far, with some aid flights prevented from landing by aftershocks that closed Kathmandu's main airport several times on Sunday.

With so many people sleeping in the open with no power or water and downpours forecast, fears mounted of major food and water shortages.

Across the country, hundreds of villages have been left to fend for themselves.

REUTERS



Nepalese rescue personnel observe damaged buildings following an earthquake in Kathmandu. / GETTY IMAGES



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US military

70

A Pentagon spokesman said a U.S. military aircraft with 70 personnel left the United States on Sunday and was due in Kathmandu on Monday.

Dharahara Tower

200

Among the capital's landmarks destroyed in the earthquake was the 200-foot Dharahara Tower, built in 1832 for the queen of Nepal.

## Dangerous tremors. Avalanche terror for climbers in Himalayas

In the Himalayas, hundreds of climbers were still feeling tremors on Sunday powerful enough to send snow and boulders cascading towards them.

The huge and deadly avalanche on Saturday triggered by the earthquake caused panic at Everest base camp, a sprawling "city" of tents from where mountaineers set off for the world's highest peak.

"It was a monstrous sound, like the demons had descended on the mountain," Khile Sherpa, a Nepalese guide, told Reuters, recalling the moment the avalanche hit.

He was one of the lucky few airlifted to the relative safety of Kathmandu, although hospitals there were overflowing and hundreds

### Quoted

**"It was a monstrous sound, like the demons had descended on the mountain."**

Khile Sherpa

of patients had to wait outside to be treated.

The disaster has underlined the woeful state of Nepal's medical facilities. The country has only 2.1 physicians and 50 hospital beds for every 10,000 people, according to a 2011 World Health Organization report.

"The earthquake has exposed that Nepal's best public hospital infrastructure has crumbled at a time when it should serve more people in a hurry," said Sarven-

dra Moongla, a senior surgeon at Bir Hospital's Trauma Centre in Kathmandu, which opened in February.

At the Tribhuvan University Teaching Hospital, bodies, including that of a boy aged about 7, were heaped in a dark room. The stench of death was overpowering.

Outside, a 30-year-old woman who had been widowed wailed: "Oh Lord, why did you take him alone? Take me along with him."

REUTERS



Rescuers assist an injured person after an earthquake triggered by an avalanche flattened parts of Everest Base Camp. / GETTY IMAGES

### Damage

### Counting the reconstruction costs

Rajiv Biswas, Asia Pacific chief economist at business research firm IHS, said long-term reconstruction costs in Nepal using proper building standards for an earthquake zone could be more than \$5 billion, or around 20 percent of the country's GDP.

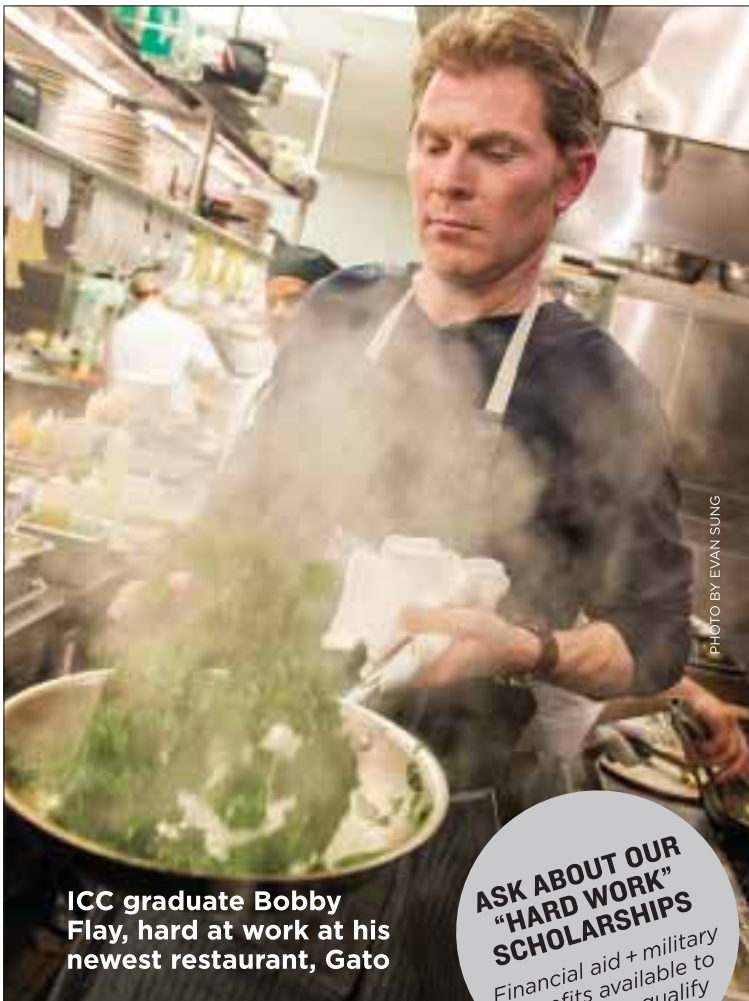
"With housing construction standards in Nepal being extremely low ... the impact of the earthquake has been devastating based on initial reports," he said in an early analysis of the likely damage.

In crowded Kathmandu, many buildings were flattened or badly damaged.

Nepali army officer Santosh Nepal and a group of rescuers worked all

night on Saturday to open a passage into a collapsed building in Kathmandu. They used pick axes because bulldozers could not get through the ancient city's narrow streets.

"We believe there are still people trapped inside," he told Reuters, pointing at concrete debris and twisted reinforcement rods where a three-story residential building once stood. **REUTERS**



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## **Custody death. Family, friends in Baltimore mourn Gray's death**

Mourners gathered at a Baltimore funeral home on Sunday to remember a 25-year-old black man who died a week ago while in police custody, an unexplained death that has brought thousands to the city's downtown to protest police violence.

Freddie Gray died on April 19, two weeks after being involved in a foot chase with patrol officers, his eventual arrest and his ride in a police transport van.

"I am very happy that people who don't even know him still cared enough to come," Jasmine Lee, who said she was Gray's cousin, said outside the funeral home where a steady trickle of people passed through to pay their respects.

Anthony Batts, the city's police commissioner, said on Friday that officers who detained Gray failed to give him timely medical attention for a spinal injury he suffered while in



Mourners embrace as they wait in line outside Vaughn Greene Funeral Services for the wake of Freddie Gray. / GETTY IMAGES

custody.

The head of the Baltimore police union called that assertion premature and said it was apparently "politically driven."

Gray is one of a growing number of black men who have died under questionable circumstances during police encounters in recent months.

The incidents have triggered an outcry over the use of force by law enforcement against

African-Americans.

Last year, weeks of protests followed the fatal shooting of unarmed black teenager Michael Brown by a white officer in Ferguson, Missouri, and the chokehold death of Eric Garner in New York City.

As darkness fell, about 100 protesters splintered off and threw bottles, metal barricades and other objects at police officers and their cruisers, authorities said. **REUTERS**

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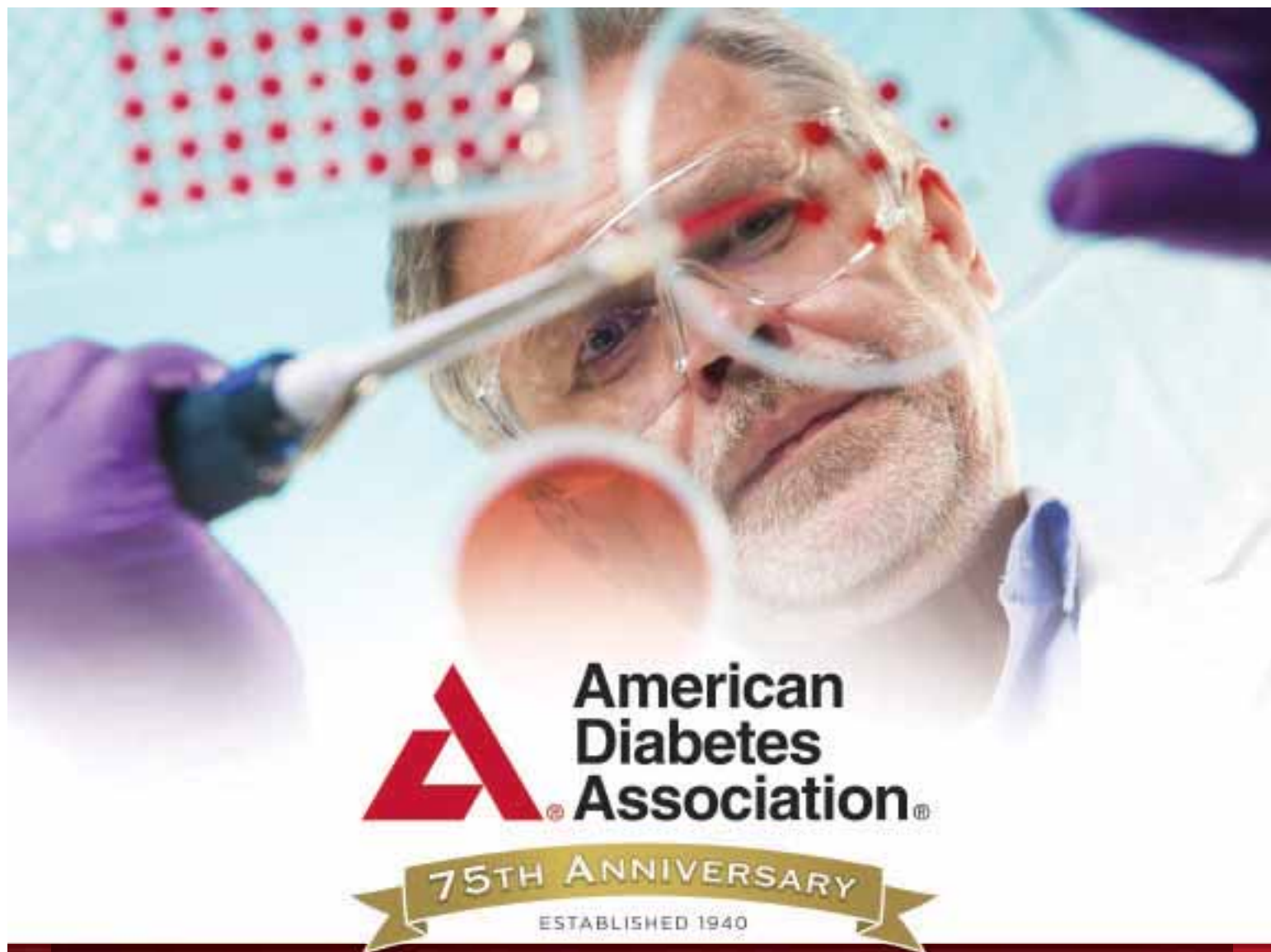
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# Five things you

## US mulls ransom policy for families of overseas hostages: ABC

The Obama administration is considering changing a U.S. policy prohibiting families of hostages held overseas from making ransom payments to abductors, according to a television report on Sunday.

"Under recommendations contained in an ongoing White House review of U.S. hostage policy, there will be

absolutely zero chance ... of any family member of an American held hostage overseas ever facing jail themselves, or even the threat of prosecution, for trying to free their loved ones," according to the report aired on ABC's "This Week."

The report said three senior U.S. officials told of the policy review, but it did not indicate when a decision might be made.

Last year, U.S. military forces unsuccessfully tried to rescue American journalist James Foley and other hostages thought to be in eastern Syria only to find that they had been moved. Foley was later executed by his Islamic State captors.

The ABC report said the policy change was under consideration after Foley's parents claimed a White House official threatened them with prosecution if they tried to deliver a ransom payment. **REUTERS**



JAMES FOLEY /GETTY IMAGES

## National Guard to deliver water in bird flu fight

The Minnesota State Emergency Operations Center has called on the National Guard to deliver water for use in the effort to contain the rapidly spreading avian flu virus.

National Guard soldiers and military water trucks from the Willmar, Minnesota-based 682nd Engineer Battalion and the Brooklyn Park-based A Company, 134th Brigade Support Battalion will be used.

Large volumes of water are needed for the foam-based systems being used to cull flocks on infected turkey farms. **REUTERS**



REUTERS

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# need to know

## Oklahoma lethal injection drug faces Supreme Court test

The U.S. Supreme Court is set to hear arguments this week on whether a drug used in Oklahoma's lethal injection mix should be banned in a case that comes as a shortage of execution chemicals has sent some

states scrambling for alternatives.

The main question before the nine justices in the case brought by three death row inmates that will be heard on Wednesday is whether the use of the sedative midazolam violates constitutional protections against cruel and unusual punishment.

The case does not address the constitutionality of the death penalty in general, but brings fresh attention to the debate over whether

executions should continue in the United States.

REUTERS

MIDAZOLAM  
GETTY IMAGES



## No military solution to boat migrant crisis: UN chief to paper

There is no military solution to migrants drowning in the Mediterranean, U.N. Secretary General Ban Ki Moon said, as European leaders search for ways to manage the flow of people leaving Africa in boats.

Ban's comments came a week after more than 700 people drowned in the worst shipwreck in decades of dangerous seaborne migration. The disaster has shocked the European Union into pledging more money for rescues.

In an interview with Italian newspaper La Stampa, Ban said the U.N. was ready to help tackle the problem.

REUTERS

## Obama pokes fun at political friends and foes at dinner

At the gathering he jokingly called "a night when Washington celebrates itself," U.S. President Barack Obama took light-hearted aim on Saturday at a range of political friends and foes, including the people running to succeed him.

Obama's comedy routine at the annual White House Correspondents' Dinner included a sly dig at Hillary Clinton, the current front-runner to be the Democratic candidate in the 2016 presidential election.

Noting that some Americans are living

in a time of uncertainty, Obama said, "For example, I have one friend just a few weeks ago, she was making millions of dollars a year and she's now living out of a van in Iowa."

Clinton, who as a former secretary of state, former senator and former first lady is one of America's best known figures, traveled around in a van this month in a deliberately low-key trip to the state that holds an early contest in the election primary season.

Obama, now in office for six years, is a polished performer at an event that draws journalists, politicians and celebrities to a cavernous ballroom in the Washington Hilton. REUTERS



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# 2

## CULTURE



### Twitter feed

Today, Lady Gaga is getting up really early these days, Jaden Smith is feeling left out and Whitney Cummings doesn't like her options.

@ladygaga: When the world is still asleep, it's so silent you could hear the tiniest creature. I just listen and walk slowly. A calm simple morning.

@officialjaden: I Really Dislike When All The Pretty Girls Hangout At Once ...

#CauseImNeverThere

@WhitneyCummings: You know it's the apocalypse when your two choices for pants are "boyfriend jeans" and "skinny jeans."

## You didn't get your invite to David Beckham's birthday yet?

David Beckham is turning 40 — yes, 40 — this coming Saturday, and the celebrate that milestone, he's reportedly planning a massive, lavish, weekend-long bash at his favorite five-star Moroccan resort, according to the Sun. Oh, and he's flying a bunch of famous friends in for the occasion, though they haven't been given the exact location yet. On the private jet flight plan for the event? Tom Cruise, Guy Ritchie and Gordon Ramsay, plus Liv Tyler and boyfriend Dave Gardner. "He'll only turn 40 once, so he wants to do it in style. Morocco is a place close to his heart," a source says. There's still a few days to go, though, in case — like me — you're wondering why your invitation hasn't turned up yet. A simple oversight, I'm sure.



Guess who's (almost) 40!  
ALL PHOTOS GETTY IMAGES

## Stephen Hawking weighs in on Zayn Malik, One Direction

If you could ask Stephen Hawking just one question, obviously it would be about One Direction. The famed physicist appeared — via 3-D hologram! — in Sydney to field some questions. One of those? "What do you think is the cosmological effect of Zayn Malik leaving One Direction?"



GUESS WHO'S SECRETLY A DIRECTIONER

Luckily, Hawking was delighted. "My advice to any heartbroken young girl is to pay close attention to the study of theoretical physics," he said. "It would not be beyond the realms of possibility that somewhere outside of our own universe lies another [in which] Zayn is still in One Direction."

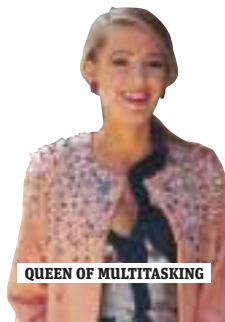
## THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRRBAR  
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ned.ehrbar@metro.us

## Blake Lively breast-feeds during interview

Sometimes you don't have to ask a new mother about the whole work-life balance thing because she's a living, breathing illustration of just that. Like when Blake Lively recently sat for an interview with the L.A. Times while breast-feeding her newborn daughter, James. "I am asked not to describe what the baby looks like — but how do you really describe an infant anyway, other than cute?" the Times' Amy Kaufman writes. "Thanks for that," [Lively] says. "Please don't describe my areolas, either."



QUEEN OF MULTITASKING

## Amber Heard tired of being judged by her sexiness

Yes, we get it, Amber Heard is very attractive. But she's got more than that to offer, OK? Heard hit the Tribeca Film Festival to celebrate the premiere of "When I Live My Life Over Again," which features her in a role that's not oversexualized. "I've been in this business for 12 years or something, and it's incredibly frustrating to be able to just now be trusted or given roles like this because this industry's very hard on women. You're constantly asked to choose between one of two archetypes: sexy or not," she tells IndieWire. "The really f—ed up thing is that nobody has any incentive in this industry to invest in something other than ... what's the easiest thing to do."



DON'T HATE HER BECAUSE SHE'S BEAUTIFUL

### Daily video

## The five stages of Marvel movie-watching

This Friday marks the much-anticipated release of "Avengers: Age of Ultron" — unless you're in Europe, that is, where it came out last week — and now that we're losing track of the number of films in the Marvel cinematic universe, it's fair to say watching them is a particularly unique experience. To wit, YouTuber Leigh Lahav teams up with the wisecracking animators at How It Should Have



@HOWITSHOULDHAVEENDED / YOUTUBE

Ended for this look at the various emotions fans go through in the run-up to yet another Marvel movie-spllosion. I kind of have to go with the annoyed bystander in this one: "I'm only here for Chris Evans."



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# THE STARK SISTERS TAKE CENTER STAGE

"Thrones" on the Web

## WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more of him at [Winteriscoming.net](http://Winteriscoming.net).

After a pair of episodes mostly concerned with setup, the third episode of Season 5, "High Sparrow," began to make good on the promise that characters long separated by distance would finally meet. The producers have packed the show full of gunpowder; all they need is a match.

### Episode MVPs

Sansa Stark was always a tragic figure. She fell for Joffrey Baratheon because he was cute and courteous. By the time she realized he was also a psychopath, he had already killed her dad and doomed her to live in what amounted to a very fancy prison cell.

Joffrey's dead, but in "High Sparrow," we learned that Sansa is to be married to the sadistic Ramsay Bolton, who might be even worse.

But Sansa has learned a lot in the meantime, and she's walking into this new danger prepared to give as good as she gets. When she politely curtsied to Roose Bolton, the man who stabbed her brother at his own wed-



Has Sansa developed the political skills she needs to survive?  
HELEN SLOAN, HBO

ding not two seasons ago, it was the opening volley in what promises to be a prolonged battle.

While Sansa embraced her new identity, her little sister Arya struggled to preserve her old one. Arya wants to join the Faceless Men, an elite league of assassins. To do that, she has to throw away her old possessions, but she couldn't bring herself to discard Needle, the sword Jon Snow gave her in the very first episode. No matter how much Sansa and Arya change, they'll always be Starks, and they're both getting ready to take revenge on those who have decimated their family.

### Our watch for next week begins

Meanwhile, Tyrion Lannister was kidnapped by Jorah Mormont, who intends to bring the dwarf before Daenerys Targaryen in the hope that

### Downloads

#### It's a pirate's life for 'GoT'

"Game of Thrones" has always been popular among pirates. Last year's finale was illegally downloaded 7.5 million times within a week after it aired. That number was impressive, but it has nothing on the 13 million times the Season 5 premiere was downloaded. No matter what it does, HBO can't seem to keep its piracy problem in check.

she'll rethink her exile of him from last year. The show has already done a great job of compressing Tyrion's meandering journey from the books, and pairing him with a mismatched character like Jorah should help the remaining time pass that much quicker.

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# “Fraction Of An Inch” Success And Failure With Popular Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer  
**Manhattan** - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

**But before I tell you all that - let me ask you this:** How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

## **Sounds Too Good To Be True?**

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

**But the fact of the matter is:** If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

**And even better** - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

## **Here's The Treatment And The Embarrassing Moment**

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

**Here is why:** When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

## **Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City**



**Nothing Spreads The Word Like Caring Doctors and Results** - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

## **Allow Me To Explain...**

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

## **“All Doctors Are Human And Sometimes They Mess Up”**

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

**Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.**

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

## **Technology To The Rescue**

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.



# The Difference Between Knee Arthritis Treatment?

**Should Know... *That Might Be Keeping You In Pain***

**Here's something incredible:** I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

**The best thing is:** When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

## **"Double Confirmation" For Best Results**

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

## **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

## **Who Is This For?**

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

## **Your Invitation**

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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# RuPaul unfiltered

**Interview.** The “Drag Race” and “Good Work” host has a lot to say.

RuPaul has never been one to shy away from a tough topic, and now is no different. The reigning queen of the drag world, already busy hosting “Drag Race” on Logo and judging “Skin Wars” on GSN, has another show on the air: “Good Work,” an E! series that tackles plastic surgery with the help of Dr. Terry Dubrow (“Botched”) and Sandra Vergara (as in Sofia’s sister).

**Has the show changed your own opinions about plastic surgery?**

It’s actually enhanced my love of plastic surgery. I’ve always been obsessed with transformation, with the idea of creating your own persona, with the idea of becoming the creation of your own imagination. It’s the most powerful thing you can do. Whatever you want to do, whatever your imagination leads to, I have no judgment on it. I’m like, thumbs

up to anybody who’s going to take matters into their own hands. But of course, you have to be informed, and most people are not informed. That’s why we’ve created this dialogue on the show, and hopefully it will create a dialogue for people around the world who see this show.

**What did you think of the recent passing of plastic surgeon Dr. Fredric Brandt?**

When most people uncover life’s cruel hoax, which is that none of this is real — and most people cannot hear that, by the way, but I’m going to say it out loud: None of this is real. When beautiful, light, gorgeous souls understand that, it’s very disheartening. And, I’ve got to tell you, that is an option. Nobody wants to hear it, and nobody will say it out loud, but I will. You can always hit the eject button. No judgment.

Especially if you are a sweet, sweet sensitive soul, it becomes too much. This world is completely f—ed up if you take it at face value, if you take it seriously. It’s completely bonkers. You need friends around you to say, “Remember, this is just a dream. It’s a joke, don’t take it too seriously.” So God bless him. In our culture, there is such a taboo around what he did, but you know what? It’s an option. It is an option with the bulls— that you have to put up with.



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Russell Crowe hangs with one of his sons in the Gallipoli-based drama "The Water Diviner."

WARNER BROS. PICTURES

## Interview. Russell Crowe says he's easy to work with, actually

Russell Crowe steps behind the camera for his first feature, "The Water Diviner," offering a new and sometimes controversial view on the fallout from the Battle of Gallipoli in WWI, with Australian and Turkish families reeling in equal measure from the devastating battle. He also had just the actor in mind for the lead role: some Australian bloke named Russell Crowe.

### What was it about this story in particular that made it something you had to direct?

It's a funny thing, I didn't really choose this project. It kind of snuck up and chose me. I was in the middle of an extremely busy year, doing five projects in one 16-month period, and this script arrived, and the trajectory of all the other things I was going to do changed on the basis of reading it. There's a historical connection, a cultural connection

with Australians and New Zealanders and the Battle of Gallipoli. And there's the simple reality of the narrative, the story of a man who had three sons who go to war and don't come back. As a father of two, that's going to hit me at a very essential level. But also, I thought I could see the opportunity to reshape the perspective that we have on Gallipoli. There's a word that we avoid when we discuss the sacrifice of Gallipoli: "invasion." But in reality this is what we were engaged in. We invaded a sovereign nation that we'd never had an angry word with. Though that perspective did upset a few people to begin with, you can't walk away from the truth.

### Now that you've directed yourself as an actor, would you say you're easy to work with?

I gave the director everything he asked for. [Laughs] **NED EHRBAR**

### One more thing

### Controversy

#### Can you talk about the blowback for showing the Turkish point of view?

Like any country, journalists in Australia know who to go to if they want to get a knee-jerk, right-wing reaction, you know? So that's who they went to. But, typically, they had their say before they actually saw the film, and as soon as the film opened [in Australia], all of that negativity just dried up. Because this perspective is valid, man. It's a very simple thing. I don't want to be the person that makes a film on a subject matter like this and waters down the truth. I have two boys of my own, and I'm responsible for the way they view a subject like this.

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**Info:** This lecture is free and open to the public, but you must RSVP. To attend, call 212.263.2266 or visit [nyulmc.org/cancer-rsvp](http://nyulmc.org/cancer-rsvp). View past lectures at [youtube.com/nyulmc](http://youtube.com/nyulmc).



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## Interview. It took five years for Mo'Nique to return to movies. She tells us why that is.

Mo'Nique doesn't like her new film "Blackbird" being called a "comeback." But she says it with a hearty, warm, inviting laugh, even after she's talked about Hollywood not knowing what to do with her after her "Precious" Oscar win in 2010. She returns in the small "Blackbird," playing the mother of a high schooler in a Bible Belt town struggling to embrace or hide his homosexuality.

### What kinds of roles were you getting post-Oscar?

They were the kind of roles where, if you say I won all those awards, it just wouldn't make sense to do that. They were little roles. Being an actress was something that just fell into my lap. I'm grateful for it; it was amazing. But my first passion was to be a talk show host. When you see me act in something, it's something I really wanted to do, and it made sense.



Mo'Nique plays a deeply religious woman in the Bible Belt unaware that her son (Julian Walker) is wrestling with his homosexuality.  
URBAN MOVIE CHANNEL

### What was it like returning to acting after a break?

I didn't have a break because my son had these puppets from "Sesame Street." Just because y'all didn't see me doesn't mean I wasn't acting. I was the best Miss Piggy in the world, do you hear me? I never stopped doing it. You don't know the awards I've won around here for being Miss Piggy. Those are the best awards. When my baby says cut

and says, "Mommy, you were wonderful" — what could beat that?

### Has it gotten better for women and for African-American women?

When you see our beautiful sisters Patricia Arquette and Gwyneth Paltrow in 2015 saying we would like wage equality — and those are my life sisters in this business — what do you think we're getting?

MATT PRIGGE

### Bonus question

### Hollywood or bust

**You helped produce this independently. Was there even a chance of a Hollywood studio getting behind a film about homosexuality in the African-American community?**

Every studio we took "Blackbird" to, they said the same thing. They said, "Wow, this movie is amazing. It moves me, it has a strong message, it opened me up. But we don't think the masses are ready for this." It's so important to support independent films, because otherwise we're handing the reins to a handful of people to decide what we see and what we don't see.

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HOW TO GET AHEAD

# A new way to combat cyberbullying

One new program says reporting harassment needs to be more efficient.

MEGHAN POOLE  
@metronewyork  
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With the increased use of social media among teens, what used to be confined to schoolyard taunts has expanded to the Internet.

"There is a dark side to social media — if you post something that you think is funny, but it's very hurtful to someone else, then that can have a lasting effect that it's never had before," says Jeff Ervine, the president of Bridg-It, which aims to help schools find solutions to bullying.

The company's new online initiative, Bridg-It School, raises awareness of cyberbullying and provides resources to students and families.

We asked Ervine to share his ideas for reducing and resolving bullying in schools.



Bridg-It strives to help schools identify and combat bullying issues. iStock

## Report incidents efficiently

Even with the recent technological advances, Ervine, when researching schools, found that most school districts were still using paper to report bullying inci-

dents. This explains, he says, why only about 10 percent of bullying incidents are actually reported. "We designed Bridg-It to use technology for what it was meant for, which is speed and efficiency," Ervine says. "By using technology to gather all

the data and manage all the paperwork, we can cut down on the time [to address incidents] upwards of 95 percent."

## Resolve issues appropriately

Ervine believes the best

way to resolve the problem after it is reported is by using what he calls "a restorative approach." Bridg-It School offers methods and steps to do that through an online resource center. "The idea was to create a smart resource center that gave everyone what

## Educate everyone

Ervine says that one of the reasons he started Bridg-It was because there wasn't enough awareness of cyberbullying. He says cyberbullying often occurs outside of typical school hours. Because of this, in addition to not having the resources to fight it, many students don't know when and if they should report something that happens outside of school. "Everyone in the community has to have the ability to identify when someone's being bullied or defamed online," he says, "and Bridg-It allows for the parents, teachers, administrators and the students to identify anyone who's been bullied or harassed."

he or she needed to be educated in a consistent manner," he says.

The resource center houses news articles, laws pertaining to bullying, tips for dealing with bullying and much more.

# Find a balance at college to make life easier



Consider getting a study buddy who will help keep you accountable. iStock

It is possible to have a social life and stay on top of your studies.

MEGHAN POOLE  
@metronewyork  
letters@metro.us

It's easy to be swept away by the amazing opportunities — and distractions — life as a college student has to offer. But failure to manage your time correctly can hurt your grades and make you both unhappy and overwhelmed.

We asked Stephanie Kaplan Lewis, the co-founder of the online community Her Campus and an author of "The Her Campus Guide to College Life," for her tips on how to stay ahead of the curve.

## Don't be afraid to try things out

Getting involved on campus is a great way to make friends and build leadership skills. "You can kind of get your feet wet in an area to see if you

like it before committing yourself to an internship," Kaplan Lewis points out.

## Plan Ahead

While you don't necessarily have to hand in your homework in college the way you did in high school, it's still important to keep up. "Even though maybe no one would know if you didn't do it, it's important to stay on top of it yourself," she says. Staying on top of your work throughout the semester also means that you won't have to cram during finals. "[All-nighters] are really just not the most effective way to retain information," she explains.

## Don't multitask

It may seem like there are never enough hours in a day, but you are really best off doing one thing at a time. "Don't be reading a textbook, watching 'Scandal' and talking to friends in your room at the same time," she says. "You're just wasting a lot of time and not getting anything done."

## Get a study buddy

"Find someone in your class that you enjoy spending time with outside of class and also who seems like-minded to you in terms of homework," she says. Having someone that can keep you honest and accountable in terms of deadlines can be a lifesaver as far as studying goes. Kaplan Lewis also recommends you and your study partner work together to create study guides before major exams.

## Ask for help

"Most professors offer office hours where you can go with questions if you don't understand the material or just want to learn more about it," she says. Schools also typically offer tutoring, which you should look into. Utilizing all the resources at your school will make you feel more engaged and more productive.

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# The secret weapon of successful career women

Three powerful women share why, in order to do it all, sometimes you have to do nothing.



EMILY LAURENCE  
@EmLaurence  
emily.laurence@metro.us

This isn't an article about leaning in or speaking up. It turns out that the No. 1 career tip many successful women practice is just taking the time to chill out. Women are three times more likely to have an anxiety disorder than men, according to stress.org. Not only does stress greatly negatively affect one's health, it also affects one's productivity. That's why more and more people are turning toward transcendental meditation, resting your attention on a short mantra that helps you



How to do TM: Find a teacher at Tm.org who will help you craft your mantra. Focus on your mantra for 20 minutes, twice a day. **ISTOCK**

find your "inner silence."

"There's a hypothesis that deep in your mind is a place that is still," says Bob Roth, the executive director of the David Lynch Foundation, a nonprofit that teaches transcendental meditation to

lower-income people and at-risk youth. Three very successful career women recently shared how transcendental meditation has changed their lives at a recent David Lynch Foundation fundraiser. We share the highlights here.

## Arianna Huffington

Huffington Post Media president and editor-in-chief

In 2007, Arianna Huffington collapsed in her office from exhaustion and woke up in a pool of blood. That was the wake-up call she needed. Now she practices transcendental meditation daily, and ironically, the busier she is, the more she meditates.

"The busier we are, the more we need to connect to our inner wisdom and power," she says, stressing that taking time out to meditate will make you a better worker. "You know exactly how much battery your smartphone has at all times, and if it gets below 13 percent, you freak out and look for a charging shrine. But what about yourself?"

## Dr. Suzanne Steinbaum

Lenox Hill Hospital heart specialist and host of "Focus on Health"

As a cardiovascular doctor, Dr. Suzanne Steinbaum sees firsthand how transcendental meditation has life-changing effects on health. "This is the only type of meditation clinically shown to reduce blood pressure and has substantially reduced rates of heart attacks, strokes and death," she tells us. "Stress is a medical issue. It affects your arteries, cortisol levels, and it slows your heart down. Transcendental meditation gets to the root of the problem."

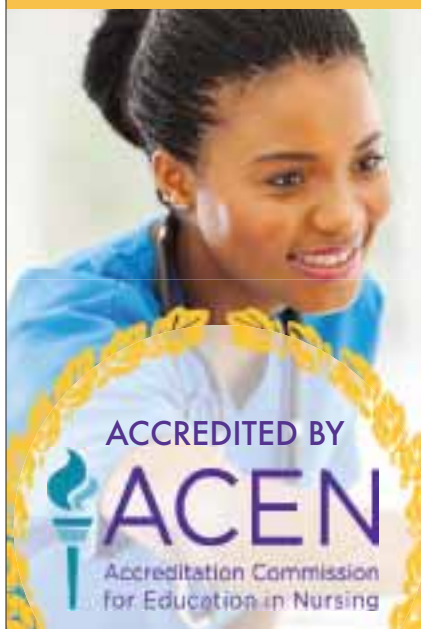


## Robin Roberts

"Good Morning America" news anchor

Robin Roberts was introduced to transcendental meditation through her colleague, television journalist George Stephanopoulos: "I saw how calm he was — even during chaotic moments — and I was like, 'What do you have? I want some of that!'" She says it has been especially helpful to her as she has overcome breast cancer. "Meditation won't prevent things from coming your way, but it will help you in the recovery process," she says.

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## Horoscope

**Taurus | April 21-May 21**  
Conservative investments or proven formulas will help to improve your financial situation.

**Gemini | May 22-June 20**  
Don't rely on others to tell you the truth. All decisions must be made on your own terms. Research will be imperative. Family tension will escalate if not dealt with quickly.

**Cancer | June 21-July 22**  
Strive to bring attention to social issues that you care about. You will gain support, but also face detractors.

**Leo | July 23-Aug. 22**  
Bottling up your emotions will result in tension. Even if the matter is a sensitive one, you must honestly acknowledge your feelings.

**Virgo | Aug. 23-Sept. 22**  
Deception is apparent. Trust your intuition. Someone will withhold vital information in order to further his or her interests.

**Libra | Sept. 23-Oct. 22**  
A change of scenery will provide clues to a current dilemma. At first you may question what unfolds, but as the day progresses, everything will fall into place.

**Scorpio | Oct. 23-Nov. 21**  
Try something amusing. This will also help to serve as a diversion from a troublesome situation.

**Sagittarius | Nov. 22-Dec. 21**  
You will have to dig deep if you want to find the answers you are looking for. Friends or family will tell you what you want to hear, not what you need to know.

**Capricorn | Dec. 22-Jan. 20**  
This is not the time to lend or borrow money. Be open about business matters. Your reputation will suffer if you make secretive arrangements or deals.

**Aquarius | Jan. 21-Feb. 18**  
A change in the way you earn your living is apparent. You will meet someone who offers information about a career opportunity.

**Pisces | Feb. 19-March 20**  
Health issues should be investigated. Something that seems minor will get worse if it's not dealt with in a timely manner.

**Aries | March 21-April 20**  
Love and romance are in a high cycle. You will be the life of the party, so get out with friends and enjoy yourself. A new connection will intrigue you. **EUGENIA LAST**

## Sudoku: Easy and hard

3	6	5	7		2			
	1	9						3
				4			6	
			3		5			6
5	2			7			9	1
8			9		4			
	9			5				
6						1	8	
			8		7	9	2	4

		6			5	9		
	7			1		2		
			8			1	4	
			5	9	1		8	
	5	9		7		2	6	
	3		2	6	8			
	6	5			2			
	2			5			1	
		7	6			5		

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

- 1 Imitation chocolate
- 6 Nurture
- 10 Gala
- 14 Light incense to
- 15 Lose brightness
- 16 Locomotive must
- 17 Twangy
- 18 Pharmacy buy
- 19 Big-ticket —
- 20 Some pizza orders
- 22 Really wallops
- 24 Mandible
- 26 Mentors
- 27 Gulf food fish
- 31 Helium or neon
- 32 Willow twig
- 33 Baseball's — Clemens
- 36 Catch on
- 39 Wrist bone
- 40 Sherlock's needs
- 41 Green mineral
- 42 Pierre's monarch
- 43 Music source
- 44 Cook — Child
- 45 Comics prince
- 46 Bedroom piece
- 48 Dogie catchers
- 51 USN officer
- 52 Not doomed for defeat
- 54 Office workers of yore
- 59 Jai —
- 60 Spice stand

## Down

- 2 Soup containers
- 2 Eden denizen
- 3 Artist Bonheur
- 4 Aloud
- 5 Protective glass cover (2 wds.)
- 6 Country addr.
- 7 Legendary marshal
- 8 Man or woman
- 9 Measures again
- 10 Snack chips
- 11 Cafe customer
- 12 Layers
- 13 Endangered trees
- 21 — Andreas Fault
- 23 Galaxy unit
- 25 Kind of premiere
- 27 Lay cement
- 28 Fjord port
- 29 1960s fashion
- 30 Green shade
- 34 Ja, to Jacques
- 35 Rock shop curiosity

- 36 Guys' partners
- 37 Singer — Brickell
- 38 Muscle injury
- 40 Toe of Italy's boot
- 41 Roast beef au —
- 43 — — —tat-tat
- 44 Kidding around
- 45 Go poof!
- 47 ER personnel
- 48 The life of —
- 49 Unsuitable
- 50 Street lingo
- 52 Deal with leftovers
- 53 Brownish tint
- 55 Kuwaiti leader
- 56 Pew locale
- 57 Ess molding
- 58 Email option
- 61 Green parrot

## Weekend's answer



## Letters to the editor

## It's not just about workers

## Re: 'Workers do deserve pay' (Metro, April 23)

Letter writer D. Brown does have a point where he states "people deserve the pay they can force their employers to pay." While the word "deserve" is definitely arguable, Brown obviously never owned, operated, or managed a business.

Pay is based on various factors such as skills, education, efficiency, margins, productivity and most important, return on investment. Fast-food workers are paid what they are paid because of low margins, low skill, education requirements and overall abundance. Thinking that you can disrupt

the business to extort a better pay is totally nonsense.

You'll be fired and easily replaced. And comparing them to pro athletes and movie stars is even more absurd. They get paid what they do because their employers get a return on investment. Brad Pitt wouldn't earn \$20 million a movie if his employer didn't earn it back and more via ticket sales, pay per views, rentals, etc.

LeBron James would be working the take-out window if his performance didn't draw attendance, TV views, merchandise sales, etc.

NIKO CHAN, VIA EMAIL

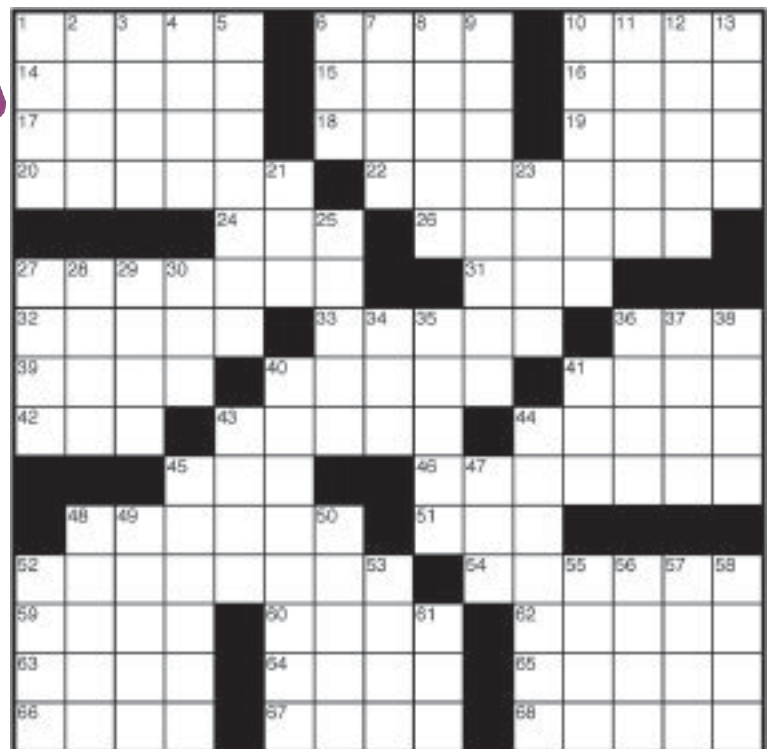
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# A knock-down, drag-out Game 7 on tap for Isles

**NHL.** It's all on the line for the Isles tonight in D.C.

The question posed to Jack Capuano was about the state of on-ice officiating. His response was a glimpse of unvarnished honesty during a time when obfuscation rules the day.

"I don't think they've set a tone all series, so why change now?" Capuano told reporters after the Islanders' 3-1 win over the Capitals in Game 6 Saturday afternoon at Nassau Coliseum. The best-of-seven series is tied three games apiece, and the series finale is set for 7:30 p.m. Monday at the Verizon Center (MSG+).

The winner of the series will meet the Rangers in what will amount to as the Metropolitan Division finals. The Rangers advanced by eliminating the Penguins in five games.

"Seriously, it's been a physical series," Capuano said. "I've watched other hockey from other series' [and in] this one, no question the bodies are flying around. Scrums in front of the goaltender, every-

## Eyes on Alex

Alexander Ovechkin has had an up-and-down series against the Islanders.

- Ovechkin has two goals in the series, coming in Game 2 and Game 4, both Capitals wins.
- The Caps' superstar winger was a minus-3 in Saturday's Game 6 Islanders victory.



body's being hard on the best players on both sides and they're letting them play."

Capuano's belief was based on observing the Metropolitan Division rivals engage in a continuous slam dance spanning 371 minutes and 24 seconds, six games and two arenas, underscored by a 10-man brawl following

the final buzzer Saturday.

The fracas was sparked by John Carlson's shot toward Jaroslav Halak as the game ended. Kyle Okposo confronted the Capitals defenseman. A split-second later the skaters on both sides engaged in wrestling matches and traded punches.

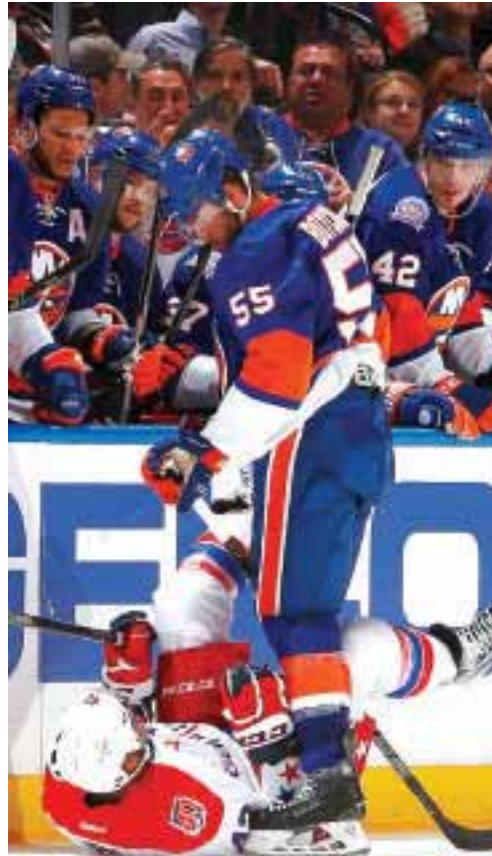
"Every game has been pretty physical," Matt Martin said after both teams had retreated to their respective rooms.

That is an understatement. The teams have combined for 530 total hits in the series, 263 for the Islanders and 267 for the Capitals. The Islanders are averaging 43.8 hits per game while the Capitals check in with 44.5.

So no one on either side is expecting Game 7 to evolve into a free-flowing exhibition of hockey. Not after six games that could constitute a Best of Don Cherry-favored hockey DVD.

"Emotions are starting to boil over. It should be a pretty emotional [Game 7]," Martin said. "Hopefully we play the same type of game and walk out of Washington with a win."

DENIS GORMAN  
@DenisGorman  
sports@metro.us



Johnny Boychuk stands over Joel Ward after Boychuk shoved him to the ice in Game 6. / GETTY IMAGES

# 3

SPORTS



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## News you need to know

### Nets' Williams with tendinitis

If the Nets are going to come back and win their series against the No. 1-seeded Hawks then they will likely have to do it without a big night from Deron Williams. Teammate Joe Johnson said Williams has been experiencing tendinitis. Williams has been favoring his knee and tailbone. Game 4 of the first round series is tonight in Brooklyn (7 p.m., NBATV).

MATT BURKE

### Wainwright may be done for rest of 2015

St. Louis Cardinals hurler Adam Wainwright will likely miss the remainder of the 2015 season due to an Achilles injury he suffered while tripping out of the batter's box Saturday.

"My foot just shut down on me," Wainwright told ESPN.

Wainwright continually grabs around 20 wins per year and had a 1.44 ERA in 2015. MATT BURKE

### Subway stop for Mets, Yanks

After a thrilling Subway Series at Yankee Stadium, the Mets and Yankees will get right back to work Monday night. The Yankees will host AL East rival Tampa Bay. Adam Warren is scheduled to get the ball for the Yanks while Nathan Karns will see action for the Rays. The Mets will shoot down to Miami for a series with the Marlins. Dillon Gee will take the hill for the Mets. MATT BURKE

# Bang for your baseball buck: The top hardball cities to visit

**MLB.** Metro's look at the best value cities to catch a major league game this summer.

With baseball season underway, and the weather getting warmer, now is the time to start thinking about summer vacations, and what better way to spend a summer vacation than taking a road trip to see your hometown baseball team play a road game.

Hotels.com, along with SeatGeek, did some analysis to find the best cities to catch a game this summer. Their formula was based off a number of criteria, including ticket availability and value, as well as the actual city destination with value and availability of hotels taken into account.

"A growing trend is when travelers use sports to fuel vacation plans," said Taylor L. Cole, a travel expert at Hotels.com. "Whether that means visiting a historic sports land-



The best bang for your buck this summer is taking a trip to Dodger Stadium. / GETTY IMAGES

mark with your family, attending a championship game or simply watching your favorite team play on the road, sports travel has become hugely popular. But beyond cheering on

their favorite team, travelers shouldn't forget to explore all the great sites and gems these sports cities have to offer.

"Using 2015 ticket data from SeatGeek and

insights from the Hotels.com Hotel Price Index, we analyzed how each baseball team ranked in the categories of average ticket price, ticket popularity, destination popularity and

average hotel price," Cole added. "We then assigned a weighted value to each team within each category to come up with a total composite score to determine the best cities."

The formula concluded that the two top road cities in the league are Los Angeles and Atlanta. The Mets play the Dodgers in Los Angeles on July 3-5.

"L.A. has a lot more to offer than its Hollywood attractions and proximity to sunny beaches," said Cole. "Downtown L.A.'s music scene, with historic venues and vintage record shops, has been a driving force of the area's revival. [It's] also home to some of the most innovative and talked-about cuisine in the country."

The Dodgers also feature some of the biggest stars in the game in Clayton Kershaw and Yasiel Puig.

When it comes to Atlanta and seeing the Braves, the Mets will go there early in the summer, June 19-21.

"Atlanta is rich with history with notable parks and museums," Cole said.

## NY on the road

Here are the best away cities to see the Mets and Yankees based on value:

- Mets at Dodgers (July 3-5)
- Yankees at Braves (Aug. 28-30)
- Mets at Rockies (Aug. 21-23)
- Yankees at Nationals (May 19-20)

"And 'Hotlanta' has a great culinary scene that was recently recognized among the country's best by Thrillist and Time."

The Yankees finished T-16 and the Mets T-22 in ticket price and hotel "value." Closing out the top five in the formula were Washington, Detroit and Denver (Colorado Rockies).

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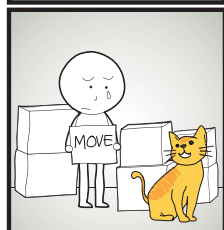
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ATTN: FOIL OFFICER, 42 BROADWAY,  
NEW YORK, NY 10004.

**Notice of Formation of 5 Star  
Global, LLC.** Articles of  
Organization filed with Secy. of  
State of NY (SSNY) on  
8/29/2014. Office location: New  
York County. SSNY designated  
as agent of LLC upon whom  
process against it may be  
served. SSNY shall mail process  
to: LLC c/o 276 Fifth Ave, Suite  
704, New York, NY 10001-4527  
Purpose: Any lawful activity.

**Notice of Formation of Meliki  
Hurd Entertainment LLC.** Articles  
of Organization filed with NY  
Secy. of State (SSNY) on  
02/24/2015. Location: Kings  
County. SSNY designated for  
service of process and shall mail  
copy of process served against  
the LLC to Registered Agent: c/o  
United States Corporation  
Agents, Inc., 701413th Avenue,  
Ste. 202, Brooklyn, NY 11238.  
Purpose: Any lawful purpose.

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**STATE OF VERMONT**

SUPERIOR COURT  
CHITTENDEN UNIT

FAMILY DIVISION  
DOCKET NO.: 880-11-14 Cndm

SUNAN WATCHARANANANTAKUL ) Plaintiff,	VERMONT SUPERIOR COURT FILED
v	MAR - 4 2015
THEEYARUT SAETAIE ) Defendant.	CHITTENDEN UNIT

**ORDER**

Plaintiff has filed a complaint for a divorce against Defendant, which  
according to Plaintiff's complaint does not place at issue any title or interest in  
Defendant's property. Plaintiff is to submit a response to the Vermont Superior  
Court, Chittenden Family Division at 32 Cherry St. Suite 200, Burlington VT  
05401, as well as Defendant's Attorney, Brice C. Simon, Esq., located at PO  
Box 240, Stowe, VT 05672. Publication shall be made once a week, seven days  
apart for two (2) consecutive weeks. In addition, Plaintiff shall mail a copy to  
Defendant. If Defendant does not respond within 21 days of the last date of  
publication, default judgment will be entered in Plaintiff's favor.

Pursuant to the Court's Order dated January 23, 2015, it is hereby  
ORDERED, ADJUDGED and DECREED that service be made by publication  
in accordance with law, upon Defendant Theeyarut Satae.

DATED at Burlington, in the County of Chittenden, and State of  
Vermont this 27th day of February, 2015.

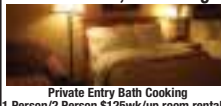
BY: ss: Presiding/Acting Judge

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